



INFLUENZA (FLU)

Public Service Announcement for 2004-05 Flu Season: There are other steps you can take to fight the flu

Dr. Julie Gerberding:

Hello, this is Dr. Julie Gerberding, director of the Centers for Disease Control and Prevention. If you haven't been able to get a flu shot yet this year, there are other steps you can take to fight the flu. Clean your hands often, and try to keep them away from your face. Cover coughs and sneezes, too. If you feel ill, stay home from work and keep sick kids home from school or daycare. If you're 65 or older, or if you have a serious medical condition, please check with a medical expert at the earliest signs of flu illness. Early flu treatment can protect you. And keep in mind, most people with flu will have an annoying illness but will recover just fine. If you're healthy and you don't need a flu vaccine, please step aside and give others a shot.

New voice:

For more information, go to the Web at www.cdc.gov/flu.

This public health message is brought to you by the Ad Council, the U.S. Department of Health and Human Services, and the CDC.